LET THEM EAT RISOTTO
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VANCOUVER metro®

Monday, October 3, 2011
www.metronews.ca

News worth sharing.

‘It’s not too late’

More than 10K people in Vancouver participate in CIBC Run for the Cure, raising $1.65M

ARIANA KAKNEVICIUS
VANCOUVER@METRONEWS.CA

ARIANA KAKNEVICIUS/FOR METRO

▶ Participants in the annual CIBC Run for the Cure in Vancouver yesterday.

Running for his aunt who was diagnosed with breast cancer last year, the first-place participant crossed the finish line with pride.

“My aunt Susan made it through just a year back or so,” said Patrick Riddell. “And now she’s out herself running for the fourth time.”

Riddell was one of the more than 10,000 people participating in the CIBC Run for the Cure event in Vancouver yesterday, marking the 25th anniversary of the Canadian Breast Cancer Foundation.

The event is the largest, single-day, volunteer-led event in Canada in support of those with breast cancer.

Many, like Riddell, were running for someone else, but others also ran because they survived or are surviving breast cancer.

“My daughter was running for me last year, and so this year we just put a team together and decided that everybody do it,” said Lorie Hausil, who has breast cancer. “I’m running for everybody who hasn’t had it because it’s too late for a cure for me, but it’s not too late for everybody else.”

For the past nine years, Pamela Greene has been running for her grandmother, who eventually lost her life to ovarian cancer but originally had breast cancer 16 years before.

“I’m running to find a cure and to show support to the survivors,” said Greene.

Collecting donations in the months prior to the run, people in Greater Vancouver raised more then $1.65 million as of yesterday morning.

Across B.C. $3.67 million was raised, and more then $30 million was raised across Canada. All funds support initiatives in prevention, early detection, treatment and research.

“Our mission is a future without breast cancer by 2020,” said Elaine Webb, a spokeswoman for Canadian Breast Cancer Foundation. “It’s very inspiring to be here amongst 10,000 people running for the cure. They all have a story to tell.”

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Local

Mayor rallies troops

Gregor Robertson kicks off campaign for re-election ▶ Vows to avoid negative ads
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Stars come out to play

At Canada’s Walk of Fame gala {page 14}

Frustration mounts

Loss has Caps keeper questioning teammates
{page 26}

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Frothing for first

Twenty-five baristas duelled behind milk steamers for best free pour or etching coffee artist in the Blenz-sponsored Vancouver International Latte Art Competition yesterday at Library Square.

First-time competitor Chris Naylor received his training in coffee art at Cafe Crema, where he has been a barista for a year.

"It takes ambition," he said. "You need to just keep trying it again and again."

The top prize of $2,501 is the largest award of all North American latte-art competitions.

While the event drew competitors mostly from local coffee houses, there were a few participants from across Canada and two from Japan.

CHELSEA ALTICE

CHELSEA ALTICE/FOR METRO

▶ Latte art competitor Chris Naylor.

Olson dead

Serial child killer Clifford Olson, who pleaded guilty to murdering 11 children in 1982, is dead. Olson, 71, died of terminal cancer on Friday at the Archambault hospital centre in Ste-Anne-des-Plaines, Que.

THE CANADIAN PRESS

PHYLICIA TORREVILLAS/METRO

▶ Mayor Gregor Robertson has begun rallying the troops for the Nov. 19 civic election at his Vision Vancouver campaign office on Yukon Street.

Mayor starts pounding the pavement for votes

◐ No attack ads from Vision, Robertson promises ◐ Campaign will focus on providing better transit and building more affordable housing

PHYLICIA TORREVILLAS
@METRONEWS.CA

Mayor Gregor Robertson and the Vision Vancouver team are ready to paint the town blue and green.

Robertson is kicking off his re-election campaign as he gets ready to go head-to-head against Coun. Suzanne Anton of the Non-Partisan Association.

He said he wants to drum up enough volunteers to surpass the 1,500 people who helped out during his 2008 campaign. He also promised there will be no negative advertising coming from the Vision camp.

"There's a big contrast between the parties, and I think the people of Vancouver want a positive city government that makes changes that are good for the long-term and is focused on good government in the near-term," he said yesterday.

"We won't be doing negative attack ads. That's the NPA's style."

A big part of his campaign will be focused on transportation and making Vancouver an affordable place to live — from ending homelessness to building more low- and middle-income housing, he said.

With public transit one of his pet issues, Robertson said Friday's regional mayors' vote on TransLink's supplemental plan to fund transit expansion will be crucial.

"I support that investment," he said. "We need better transit right across the region starting with the Evergreen Line and improving bus service and giving late-night services. That means we need to raise more funds through the province's two-cents-per-litre fuel tax."

He's also not worried that the June 15 Stanley Cup riot will put a dent in his campaign.

"I believe voters blame the rioters for the riot and we're all anxious to see them brought to justice," he said. "We have a game plan at city hall to make improvements before the next big event — the Grey Cup — to make sure everything goes smoothly. We want to keep hosting big events in the downtown, but we need to make changes and improvements to ensure that we never see a riot like that again."

1 news

Two new reports from Oxfam paint an unnerving portrait of Afghanistan's human-rights record. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

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The persistence of the European debt crisis likely means we're in for another up-and-down week on the stock market. Video at metronews.ca/video

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Film shows dark side of camel racing

CHELSEA ALTICE/FOR METRO

▶ Vic Sarin

The audience was left with feelings of sadness and hope after Vic Sarin's second screening of his harrowing documentary Desert Riders yesterday at the Vancouver International Film Festival.

The film tells the stories of young boys taken from their families in countries such as Bangladesh, Pakistan or Sudan to work as camel jockeys in the United Arab Emirates.

"I tried to find everyone's voice," said Sarin, a Vancouver director, about the opposing views presented on the sport of camel racing and human-rights violations.

"The country is built from exploitation," said producer Naomi Weis. "Why put their own children on camels that could die or get injured? It was cheaper and better to get them from other countries."

CHELSEA ALTICE

Insite victory may help safe-injection cause

- Supreme Court decision ensures future of supervised injection site
- 'Wider implications' to be scrutinized: B.C. health minister

MATT KIELTYKA
@METRONEWS.CA

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Supporters of Insite celebrate outside the facility in Vancouver after the Supreme Court of Canada announced that it would allow the safe injection site to stay open Friday.

Insite has survived the Conservatives' scorn, and the court ruling that saved the clinic could have wide-ranging implications.

Vancouver's supervised injection site will remain open after the Supreme Court of Canada declared unanimously Friday that the province, not the federal government, has jurisdiction over the facility.

The president of the Canadian Medical Association said he was pleased with the ruling.

"Insite worked," said Dr. John Haggie. "It saved lives and it's a proven tool in management of addiction. We would like to see it as part of a national strategy."

Despite studies that show Insite cuts down on overdose deaths, prevents the transmission of diseases and can help addicts transition into treatment, the federal government has argued that it encourages addicts to keep using drugs.

"We're disappointed," Prime Minister Stephen Harper said Friday. "The preference of this government in dealing with drug crimes is obviously to prosecute those who sell drugs and create drug addiction in our population and in our youth, and when it comes to treating drug addiction to try to do so with programs of prevention and treatment."

Insite has been operating since 2003 and remains the only facility of its kind in Canada.

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News in brief

Shooting near Surrey school

A man was shot just down the road from Ellendale Elementary school in Surrey yesterday morning.

The victim was found around 2:40 a.m. lying in the grass, suffering from at least one gunshot wound. His injuries are not believed to be life-threatening.

The man, who is known to the police, has not been co-operating with investigators.

ARIANA KAKNEVICIUS

Aquarium rescues harbour porpoise

The Vancouver Aquarium's Marine Mammals Rescue Centre team has been rehabilitating a harbour porpoise rescued in Horseshoe Bay on Sept. 16.

The six-week-old male, named Jack, was found stranded and was having difficulty breathing.

ARIANA KAKNEVICIUS

DARRYL DYCK/THE CANADIAN PRESS

▶ The B.C. Lions and Edmonton Eskimos played at the renovated BC Place stadium on Friday.

The place to be

After all the headlines, hoopla and hype, it was finally time for the new B.C. Place stadium to host the city's sports fans.

Metro Vancouver was in the crowd for Friday's Lions opener and the Whitecaps game yesterday. Here's what we, and our readers, thought of the experience.

DARRYL DYCK/THE CANADIAN PRESS

▶ B.C. Lions

DARRYL DYCK/THE CANADIAN PRESS

▶ Vancouver Whitecaps

There was a game on?

JEFF HODSON
@METRONEWS.CA

I'd love to toast the grand opening of BC Place Friday.

But I won't, because I don't want to wait 40 minutes for a Budweiser.

In general, the overall look and atmosphere of the stadium was impressive. Having 50,000 people in the building didn't exactly hurt.

The light boards were cool. The sound was better. The overhead scoreboard was fantastic, although my eyes kept drifting up past it, to the huge hole in the ceiling to the big ol' night sky.

Best of all — the seat had a cup holder.

The night wasn't without hiccups (figuratively and, later, literally).

I can't tell you a thing about the second quarter. My lineup moved backwards. I was in a cartoon-like rage (picture Yosemite Sam). I did manage to stomp back to my seat in time for halftime.

But the halftime show kind of made me wish I was back in the beer lineup.

It might get loud

MATT KIELTYKA
@METRONEWS.CA

Noise.

The newly renovated and reopened BC Place comes with no shortage of enviable amenities.

Being downtown is great, as is having a concession stand and bathroom outside almost every section. It's all shiny stuff.

But the biggest improvement at the Vancouver Whitecaps' new home is the way noise carries and reverberates throughout the stadium.

As beautiful as Empire Field's setting was, one of the major complaints from supporters was that it was sometimes impossible to hear cheers from just a couple sections away.

Not anymore. Suddenly there's a buzz at Whitecaps games. Chants emanating from the Southsiders could be clearly heard throughout the stadium.

The only thing holding the atmosphere back yesterday was the last-place Whitecaps themselves. There wasn't a lot to cheer about during the tame 1-0 loss to their Cascadia rivals.

Serbian police detain extremists

Gay pride event and anti-gay protests banned due to fears of violence ◆ Authorities criticized for plan

Serbian police detained six people yesterday and prevented a gathering of a pro-Russian far-right group that threatened to burn an EU flag and spit on the portrait of the U.S. ambassador in Belgrade.

Police issued a ban on a gay pride event and anti-gay protests this year, saying that extremists had planned to set fires in Belgrade and provoke clashes that could lead to bloodshed and wider unrest.

Serbia has faced Western pressure to protect gay and other human rights activists if it wants to one day join the European Union.

100
Number of people who were injured during last year's gay pride parade in Belgrade.

The six who were arrested on Sunday in central Belgrade had masks and baseball bats, said senior police official Srdjan Grekulovic.

Police also prevented a protest on nearby Mount Avala by the Nasi group — an affiliate of a Russian organization of the same name — which was going to burn the EU flag and spit on Ambassador Mary Warlick's portrait, Grekulovic said.

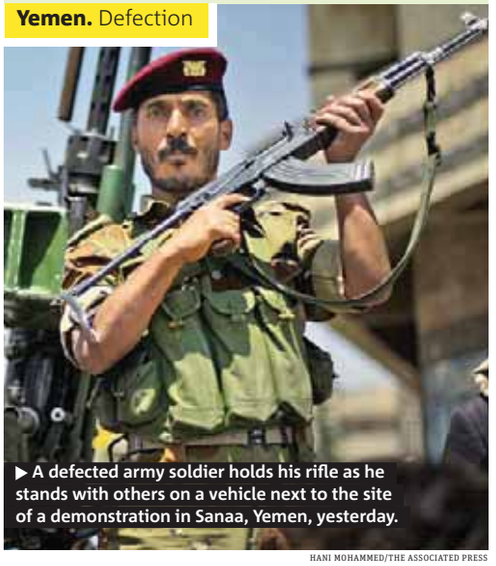
Nasi said that police took away the portrait of Warlick, who earlier this week publicly supported Serbia's gay pride march and urged the Serbian authorities to secure the event.

The gay activists held an "indoor pride" event in a conference room in downtown Belgrade. They said the state ban of their gathering showed the country's weakness in the face of violent threats by extremists.

"This is the only pride we could hold," said Goran Miletic, one of the organizers.

THE ASSOCIATED PRESS

Yemen. Defection



▶ A defected army soldier holds his rifle as he stands with others on a vehicle next to the site of a demonstration in Sanaa, Yemen, yesterday.

HANI MOHAMMED/THE ASSOCIATED PRESS

Soldiers killed by warplane

Calls for the resignation of Yemen's President Ali Abdullah Saleh continue to grow a day after a government warplane bombed an army position in southern Yemen, killing at least 30 soldiers. The strike appeared to be a mistake, but the soldiers hit were from a unit that had defected to side with protesters seeking the president's ouster.

Biden's brother OK after powder scare

The brother of Vice-President Joe Biden says he was kept overnight at a Florida hospital after opening a suspicious package containing a powdery substance.

The envelope was mailed to Francis Biden's Ocean Ridge home. Biden tells The Palm Beach Post that his girlfriend retrieved the package from his mailbox Saturday afternoon, but that he opened it.

Biden says white powder spilled from the envelope onto his skin. He says he immediately called authorities, who evacuated neighbours and closed the street.

Biden and his girlfriend were taken to a hospital. The woman was released Saturday, and Biden was released yesterday morning.

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Art. Attack

▶ A woman checks out one of the three elements of Barricades 2011, a three-metre-tall caution-tape wall, on Toronto's Yonge Street during the sixth instalment of the city's Nuit Blanche on Saturday night.

STEVE RUSSELL/TORSTAR NEWS SERVICE

Nuit Blanche celebrates creativity

The Barricades 2011 display had three common urban barriers: caution tape, plywood and police barricades. During Nuit Blanche, Toronto's downtown is transformed by the work of hundreds of artists in a celebration of contemporary art.

Dewar enters NDP leadership race

Worked as aid worker in Central America, public school teacher, union executive before winning at polls

Paul Dewar shunned flashy endorsements from party heavyweights as he yesterday launched a grassroots bid to lead the federal New Democrats.

Touting himself as a champion of the party's rank and file, the Ottawa MP surrounded himself with several hundred enthusiastic supporters to celebrate his campaign kick-off.

"Our New Democratic Party starts with the grassroots — pretty evident here today, I would suggest," Dewar told the cheering crowd crammed into a tiny room.

"For me and thousands like you, working hard, growing our party are the bedrock for electoral success."

ADRIAN WYLD/THE CANADIAN PRESS

▶ Paul Dewar

Dewar's approach was in stark contrast to that of party president Brian Topp, the perceived frontrunner in the early stages of the race, which culminates with a leadership vote on March 24.

Topp, the first out of the leadership gate, held a formal news conference to launch his bid last month, accompanied by former leader Ed Broadbent and Quebec MP Francoise Boivin.

With the party hoping to build on last May's historic electoral breakthrough in Quebec, Dewar frankly acknowledged his laboured French is a handicap.

"French is very important to me and I'm working on it every day. It's a challenge but I will overcome this challenge and take on Stephen Harper in both official languages," he vowed. **THE CANADIAN PRESS**

Redford downplays gender issue

Alison Redford, set to become the first female premier of Alberta, downplayed the gender issue yesterday, saying party voters marked Xs not for an X chromosome, but for a broader desire for change.

"A little bit of what happened yesterday was that our politics caught up with who we are," Redford said. **THE CANADIAN PRESS**

Brand tweets about travel ordeal

Call it a case of social media confusion.

Comedian Russell Brand used Twitter to let fans know a show in Orillia, Ont., scheduled for Saturday night had been postponed. In a series of cryptic tweets, Brand told fans that his show was postponed because he was not allowed to enter Canada.

But Casino Rama, the venue operator, tweeted back to let fans know he wasn't turned away at the border. Instead, Casino Rama says there was a technical issue with his plane and he never left California.

Brand apparently wanted customs officials to allow a plane to land in Orillia, where there is no international airport.

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PMO kept MacKay in dark, says new book

Prime Minister Stephen Harper's office was so seized with controlling public opinion of Canada's shooting war in southern Afghanistan that even Defence Minister Peter MacKay wasn't always in the loop, says a new book about the conflict.

The Savage War, by Canadian Press defence writer and Afghanistan correspondent Murray Brewster, paints a portrait of a PMO keen to preserve its tenuous grip on minority power and desperate to control the message amid dwindling public support for the war.

MacKay, who took over Defence from Gordon O'Connor in August 2007, was blindsided by the Harper government's decision later that year to set up a blue-ribbon panel to review the mission headed by former Liberal cabinet minister John Manley, Brewster writes.

"It wasn't discussed with the broader cabinet, no," the minister says in the interview. "I didn't know all of the specifics."

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Prime Minister Stephen Harper, left, and Defence Minister Peter MacKay look out from a bunker as they visit a forward operating base in the district of Sperwan Ghar, Afghanistan, in May.

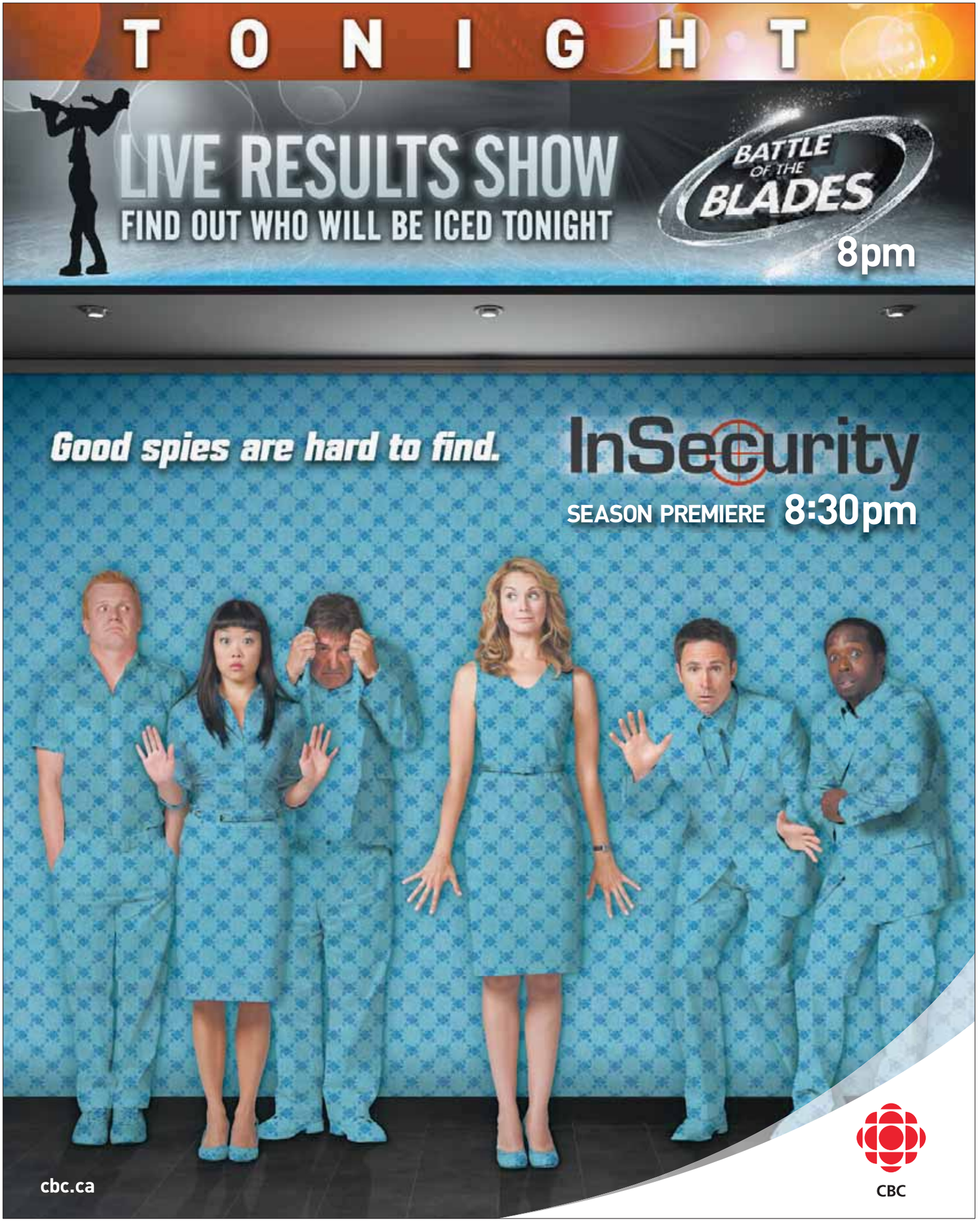
Jack Layton knew even less. In interviews before his death earlier this year, the late NDP leader confides to Brewster that Harper never once tried to engage him in an in-depth discussion about Canada's deepening involvement in a deadly counterinsurgency effort.

In the book, MacKay also suggests Canada signed on to the Kandahar posting without a clear grasp of how enormous a challenge the mission of beating back the Taliban on their home turf was going to be.

"I don't think there was a true recognition on just how difficult it was going to be to turn back the wave of insurgency," he says.

MacKay also suggests the decision to go to Kandahar was borne in part of a sense of guilt — on the parts of both the previous Liberal government and the new Conservative one — of Canada not having participated in the U.S. mission in Iraq.

THE CANADIAN PRESS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Philippines reeling in storms' wake

Hundreds of villagers marooned after back-to-back typhoons Dozens killed due to flooding

Rescuers scrambled yesterday to deliver food and water to hundreds of villagers stuck on rooftops for days because of flooding in the northern Philippines, where back-to-back typhoons have left at least 59 people dead.

Typhoon Nalgae slammed ashore in northeastern Isabela province Saturday and then barrelled across the main island of Luzon's mountainous north and agricultural plains, which were still sodden from fierce rain and winds unleashed by a howler just days earlier.

Nalgae left at least three people dead Saturday. Typhoon Nesat killed 56 others and left 28 missing before blowing out Friday.

The storm

- Nalgae was whirling over the South China Sea and heading toward southern China late yesterday, 370 kilometres from the Philippines' northeast coast, with sustained winds of 120 kilometres per hour and gusts of 150 km/h, according to the Philippine government weather agency.

Nalgae roared through parts of Luzon that had been saturated by Typhoon Nesat, which trapped thousands on rooftops and sent huge waves that breached a seawall in Manila Bay.

Nesat then pummelled southern China and was downgraded to a tropical storm just before churning into northern Vietnam.

Seven towns north of Manila were still flooded yesterday, including Calumpit in rice-growing Bulacan province, where hundreds of residents remained trapped on rooftops in four villages for the fourth day, many desperately waving for help.

Nalgae was the 17th weather disturbance this year to batter the disaster-prone Philippines.

A low-pressure area has been monitored 700 kilometres off the archipelago and could either dissipate or strengthen into another storm in the next few days, forecaster Gener Quitlong said.

THE ASSOCIATED PRESS

BULLIT MARQUEZ/THE ASSOCIATED PRESS

Philippine Marines drive through floodwaters yesterday as flooding north of Manila continued for the third day.

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TOO MUCH HYPE OVER BC PLACE RENO

URBAN COMPASS

PAUL SULLIVAN
METRO VANCOUVER

Can we talk?

The new, improved BC Place opened Friday night, and you could cut the hype with a machete.

Esteemed colleagues in the media, especially the sports hacks, have gone literally bats over the revamp of the old dome, shrugging off the $563-million price tag. They're gaga about the retractable roof and the impressive midfield jumbotron.

It didn't hurt that the home team B.C. Lions knocked off the Edmonton Eskimos, always the best way to inaugurate a stadium.

But come on! I was there, and now I'm here.

To ask a few questions:

Why, after taxpayers coughed up nearly 600 million of their hard-earned dollars, did those taxpayers have to stand in long lines to go to the bathroom?

"... after just about every play, the teams just stand there waiting for the home broadcast TV commercials to finish. Uh, is this football, or is it the CML, the Canadian Marketing league?"

The retractable roof is a major engineering miracle, but was it just me, or was it quite breezy, chilly and uncomfortable? Don't we get heat for our 560 million bucks?

Why did thirsty taxpayers have to spend $34 for four glasses of Bud? Seems to me PavCo should at least have bought one round on the house as a toast to the taxpayer.

And what about all the single welfare moms who can't make ends meet to pay for a giant can opener? They don't get any beer, but they do get toasted.

Why is the jumbotron in the middle of the roof so enormous that it dwarfs the players on the field? I could see every pore on Travis Lulay's face on the jumbotron, but in the real-life view, the players looked like ants on the field. So everybody watched the jumbotron or one of the 1,100 other monitors. It was like watching the game in your man cave at home, except the beer and snacks at home are cheaper.

Why, for 560 million bucks plus the price of admission, were spectators relentlessly hounded by advertising? There might have been a game on, but who could tell? The celebrated jumbotron/sound system broadcast an endless stream of hype; the stadium is ringed with never-ending flashing ads; and after just about every play, the teams just stand there waiting for the home broadcast TV commercials to finish. Uh, is this football, or is it the CML, the Canadian Marketing league?

I'm not sure who is ultimately responsible for this tour de farce.

Strangely, Mayor Robertson and his family were sitting a few rows away all by themselves. No posse, no "people," they were as exposed to the rigours of opening night as the rest of us.

I wonder if he enjoyed himself as much as I did.

Fifth graders get moving — with community help

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

The City of Abbotsford, Healthy Abbotsford and the Abbotsford School District want to get kids moving.

For the fifth year in a row, Grade 5 students will be able to pick up a free Get Active Pass, granting them free admission to drop-in skating and swimming programs at the Abbotsford and Matsqui Recreation Centres, from now until August 31, 2012.

The city hopes to reach out to kids who are at an important stage of development.

As city representative Christina Vugteveen explains, "The Grade 5 Active Pass was developed to encourage students to get active at an age when interests start to change, and when independence is starting to become prominent in their lives."

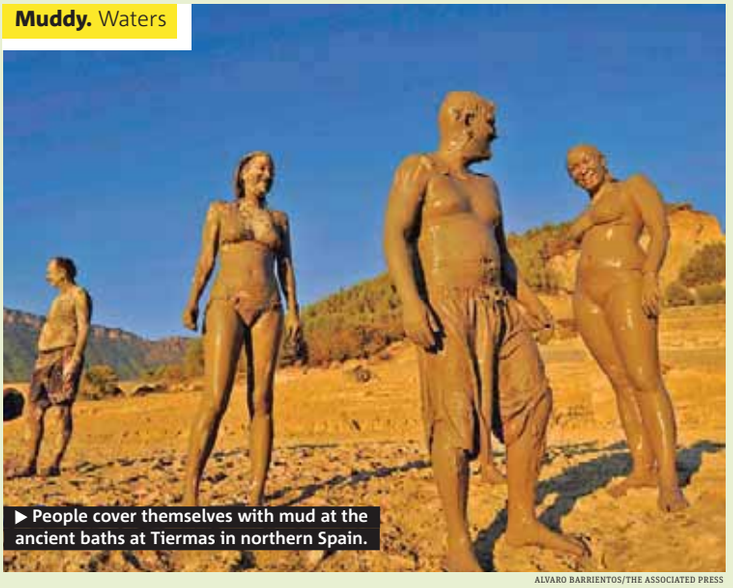
CRAIG AND MARC KIELBURGER

Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.

Tweets

- **@mariehui:** The sun is shining in on us today! The first @WhitecapsFC match at #BCPlace. @Southsiders YOU READY? ow.ly/i/ip8K
- **@michaeleckford:** Walking in to #BCPlace is like walking in to the final reveal of Extreme Makeover Stadium Edition #WhitecapsFC Amazing job!!
- **@Lilitree:** Getting ready to show solidarity with our #Cascadia bro & sisters when #TimbersFC & #WhitecapsFC baptize #BCPlace. Have a great match!
- **@mynensea:** The best thing about #bcplace ... The lids on the beer. @whitecapsfc #nospillage twitpic.com/6u83n3
- **@rmarcham:** The more photos I see of the drapes at #BCPlace for the #Whitecaps, the less I like them. The gaps between the panels look too wide.
- **@Gaston44:** #bellpitch-downtown #BCPlace looks amazing. @TimbersFC better slow down or u'll have nothing left for the game.
- **@MarcelaShimizu:** Wow, I can already hear the soccer chants from #bcplace!! Go @WhitecapsFC!!

Muddy. Waters



▶ People cover themselves with mud at the ancient baths at Tiermas in northern Spain.

ALVARO BARRIENTOS/THE ASSOCIATED PRESS

Photo of the day

People flock to the area in the fall when the water level of Yesa reservoir is at its lowest. The water at the reservoir is said to have healing properties.

WEIRD NEWS

@thaiPM, you've been hacked

A mocking hacker took over the Twitter account of Thailand's recently elected PM yesterday, questioning her ability to defend the country if she cannot even secure her own tweets.

The unknown hacker ended a series of at least eight postings on the account of Prime Minister Yingluck Shinawatra with a taunt: "If she can't even protect her own Twitter account, how can she protect the country? Think about it."

Most of the messages accused Yingluck's government of incompetence and cronyism. Her Pheu Thai Party won a landslide election victory in July, but critics charge she is just a puppet of her brother, former Prime Minister Thaksin Shinawatra. Thaksin was ousted by a military coup in 2006 after being accused of corruption.

"This country is a business. We work for our allies, not for the Thai people. We work for those who support us, not those who differ with us," said one tweet. Another said: "Where are the opportunities for the poor? We use them, give them hope for votes so our own group can benefit." THE ASSOCIATED PRESS

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Keeping close tabs on oilsands

Federal and Alta. governments pledged to upgrade monitoring last year following scathing reports

Rod Hazewinkel fills a jar with water from Alberta's Firebag River, a short helicopter ride from the oilsands. Tiny oil slicks bubble from the muck.

This spot, one of dozens monitored, isn't near any oilsands mines. The blobs floating down the river come from the oilsands themselves — not the energy development that exploits them.

"There's a natural level of contamination," says Hazewinkel, a limnologist with Alberta Environment and the provincial scientist responsible for environmental monitoring. "Industrial contamination is a small part of that."

Last year, the federal and Alberta governments announced major revamps to how they track the impact of tens of billions of dollars in oilsands development.

Protesters have been citing environmental concerns in opposing TransCanada Ltd.'s proposed Keystone XL pipeline to the U.S. And, tomorrow, the federal auditor general is to release an assessment of how well Ottawa has kept up with the impacts.

"It's a world-class resource and it needs a world-class monitoring system to assure us that the resource is being developed sustainably and responsibly," says Dan Wicklum, Environment Canada's director of water science. "We must have that assurance in order to do business."

Scientists like Hazewinkel and bureaucrats like Wicklum are on the front line of implementing that system, with talk of environmental limits and new regulations.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
- 62.48 (11,623.84)	- 1.07¢ (95.40¢ US)

Oil	Natural gas 1,000 cu ft
- $2.94 US ($79.20 US)	$3.666 (- 8.1¢)

Gold contracts $1,622.30 (+ $4.20)

JEFF MCINTOSH/THE CANADIAN PRESS

▶ Rod Hazewinkel takes water samples on the Athabasca River, downstream from many oilsands projects.

Wall Street protesters keeping up the march

STEPHANIE KEITH/THE ASSOCIATED PRESS

▶ Police arrest a protester on New York's Brooklyn Bridge during Saturday's march by Occupy Wall Street.

Protesters speaking out against corporate greed and other grievances were maintaining a presence in Manhattan's Financial District yesterday even after more than 700 of them were arrested during a march on the Brooklyn Bridge Saturday in a tense confrontation with police.

The group Occupy Wall Street has been camped out in a plaza for nearly two weeks staging various marches, and had orchestrated an impromptu trek to Brooklyn. They walked in thick rows on the sidewalk up to the bridge, where some demonstrators spilled onto the roadway after being told to stay on the pedestrian pathway, police said.

The march shut down a lane of traffic for several hours. The majority of those arrested were given citations for disorderly conduct and were released, according to police.

The group had meetings and forums planned for yesterday at Zuccotti Park, the private plaza off Broadway they have occupied. THE ASSOCIATED PRESS

Journeys tainting our food

Outbreaks of listeria and other illnesses linked to tainted food are becoming more common, partly because of how long it takes to get food from the farm to the fork.

The Colorado cantaloupe crop linked to 84 illnesses and as many as 17 deaths in 19 states has travelled so far that producer Jensen Farms doesn't know where the fruit ended up.

The company said that it can't provide a list of retailers because the melons were sold and resold. It named 28 states where the fruit was shipped, but people in other states have reported getting sick.

THE ASSOCIATED PRESS

2 scene

Stars shine on Walk of Fame

Comic Russell Peters, astronaut Roberta Bondar among six Canadians given stars

Comic superstar Russell Peters showed up at Canada's Walk of Fame hoisting one of his greatest recent achievements — baby Crystianna, whom he clutched against his chest as he walked the red carpet to greet fans and media on Saturday.

The proud papa said it was the first red carpet gala for his 10-month-old daughter, "unless she's been sneaking out at night and crawling on red carpets," he quipped.

Peters was among six famous Canadians who were awarded stars on the Walk of Fame, including musician Burton Cummings, actress Sandra Oh, astronaut Roberta Bondar, tennis star Daniel Nestor and the late author Mordecai Richler.

"It's very surreal because when I said I wanted to be successful I just meant, 'Make a living,' I didn't really think, 'Get a star,' I didn't think, 'Have people know my name,'" Peters said later as he took the mic at an outdoor stage to acknowledge hundreds of fans who lined a red carpet on a frigid afternoon.

"To have people want to step on my (name) on the street is pretty cool. I can't wait for when it's really in the ground and somebody gets hammered and pukes on my name. Somebody better twitpic that to me as soon as that happens because that's when I know I really came up."

Before heading into a downtown theatre for a formal induction ceremony, a smiling Cummings said he was especially proud to be honoured for a second time. He noted that he was recognized along with his band The Guess Who in 2001.

"The Walk of Fame is a huge deal — you consider the names that are down there, people like Donald Sutherland, legendary movie people, Ivan Reitman and (Dan) Aykroyd," said the Winnipeg-born hitmaker.

Cummings said he was a big fan of Oh in particular, and referred to her 2004 comedy Sideways as "one of the greatest movies ever."

Oh said she was thrilled to meet Burton and Bondar and expressed credulity that her signature will be on a Toronto sidewalk.

"It's just quite hilarious and odd and I never thought that this would happen," said Oh, now best known for her co-starring role on the TV medical drama Grey's Anatomy.

Richler's widow Florence attended on Richler's behalf, and was escorted by their journalist son, Noah Richler. She said her husband would have been "amused" by the fanfare, adding that she herself felt the honour was "overdue."

Movie star Ryan Reynolds was initially slated to be honoured, too, but organizers said he was unable to attend and would be inducted at a later date.

Many of the adoring fans turned out to see Toronto rapper Drake, who was to be presented with the Allan Slaight Award recognizing achievements by a young Canadian. But organizers said the rap superstar was running late and had to skip the red carpet.

Surrounded by glitz and glamour, Nestor called the experience "overwhelming."

"I'm not used to the red carpet," the towering tennis pro admitted as he walked down Yonge Street, which was shut down and swathed in red for the afternoon.

Bondar said she was inspired to excel by her family and high school teachers. "It's good for Canada to be able to see there are other things besides sheer entertainment and comedy — that we can do other things and still be recognized," said Bondar, who was the first Canadian woman and the second Canadian astronaut in space.

THE CANADIAN PRESS

"I can't wait for when it's really in the ground and someone gets hammered and pukes on my name"

COMEDIAN RUSSELL PETERS ON GETTING A STAR ON CANADA'S WALK OF FAME

PHOTOS: AARON VINCENT ELKAIM/THE CANADIAN PRESS

▶ Musician Burton Cummings now has two stars on the Walk of Fame, one with his band The Guess Who, and now an individual star.

▶ Singer Chantal Kreviazuk and her husband Raine Maida were on hand at the red carpet event to award stars on Canada's Walk of Fame.

▶ Actress Sandra Oh, best known for her role on Grey's Anatomy and in the movie Sideways, said she never expected to get a star on Canada's Walk of Fame.

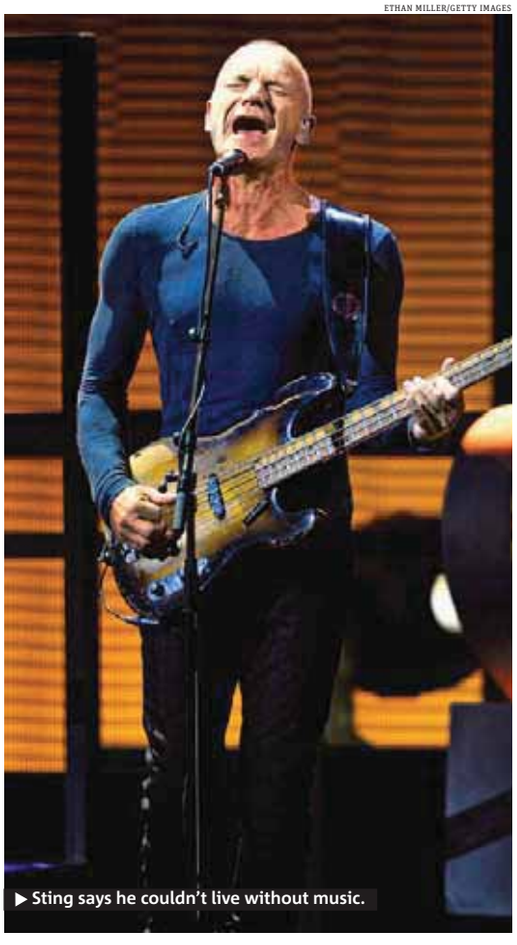
Box office

A dolphin has dethroned The Lion King at the weekend box office. Dolphin Tale held up well with $14.2 million in its second weekend to take over at No. 1 from The Lion King, which had been the top movie the last two weekends. Studio estimates Sunday showed The Lion King slipping to third-place with $11.1 million, just behind Brad Pitt's Moneyball, which was No. 2 in its second weekend.

THE ASSOCIATED PRESS

Russell Brand to be first guest on Rosie O'Donnell's new Oprah Winfrey Network talk show.

ETHAN MILLER/GETTY IMAGES



▶ Sting says he couldn't live without music.

A quarter-century of going solo

- As Sting turns 60, he reflects on his 25-year career as a solo artist
- Multiple Grammy award winner hopes to work for another 25 years

At 85, Tony Bennett released an album that debuted at No. 1 on the Billboard albums chart this week.

Sting, who turned 60 yesterday, is hoping he will still be going strong at 85, too.

"Hopefully the next 25 years will be the same if I have it," the Rock and Roll Hall of Famer said of his own success.

"I couldn't live without music. I'd rather play music, or die."

Sting is celebrating 25 years as a solo artist; in the late 1970s he debuted as the leader of The Police, scoring massive hits with songs like Every Breath You Take and Every Little Thing She Does Is Magic. As a solo singer, he went on to sell multiple multi-platinum albums — and overall, he is the owner of 16 Grammy Awards.

This week he released Sting: 25 Years, his three-disc greatest hits set.

On Oct. 18, he will release Sting: The Best of 25 Years, which features 12 remastered tracks from his solo career.

Sting says he has no plans to release a new album, though he says he is a writing a musical-play "based on my hometown in the north of England. It's about shipbuilding."

It will be directed by Pulitzer Prize and Tony Award winner Brian Yorkey.

Sting will also launch his Back to Bass Tour on Oct. 21 in Boston.

He's playing the bass with a small band on the tour.

"I just did the 200-date tour with this symphony orchestra, so I just wanted to throw a curve at that and do something like I used to," he said.

Sting says though he is a veteran, he's still learning as a musician.

"It doesn't end," he said. "There's no way you can say, 'Oh, I finished learning.'

"You do that when you die."

Sting and country singer Vince Gill recently recorded a concert for the CMT series Crossroads.

The special, which features the two singing each others' hits, airs on Nov. 25, the day after the American Thanksgiving.

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Daltrey laments lack of leadership

The Who's frontman claims few contemporary singers could lead a band Blames American Idol for the lack of leader-quality voices

MATT SLOCUM/THE ASSOCIATED PRESS

▶ The Who's Roger Daltrey is promoting his later tour, Roger Daltrey Performs The Who's Tommy.

Roger Daltrey says there aren't many contemporary singers who could "lead" a band, and he partially blames shows like American Idol for it.

"A lot of the new people they choose on shows like American Idol and things like that — I don't ever hear lead singers," The Who frontman said. "They always seem to choose people that are great singers, fabulous singers, but they've never got the voice that makes a great lead singer."

Daltrey, 67, went on to name drop some of music's best singers. "You hear 10 seconds of Rod Stewart, you know it's Rod Stewart. Ten-seconds of Mick Jagger, that's Mick Jagger. Ten-seconds of Eddie Vedder, you know that's Eddie."

English-born Daltrey says there is one exception in today's music scene: Adele.

"I mean, I love Adele. That's a lead singer, that's the real deal," he said of the British soul singer, whose sophomore CD 21 is the year's top-selling album in the United States and the United Kingdom.

So, would Daltrey join the panel of a singing show to fix what he believes is wrong? "I'd probably throw them all out," he said, laughing.

"I quite like the idea of The Voice — that new show, simply because they have to choose the voices," he said. "They might present me with 50 voices and if I didn't like any of them I couldn't work with any of them. It would be pointless."

Daltrey made the comments while promoting his latest tour, Roger Daltrey Performs The Who's Tommy, which kicked off earlier this month. "I rediscovered how fabulous it is as a piece of music and I decided it needs to be heard," Daltrey said of The Who's 1969 Tommy album.

The CD, mostly composed by band mate and guitarist Pete Townshend, became a Broadway musical in 1993; a film version was released in 1975. But Daltrey says his new tour gives him a chance to present his side of Tommy.

"I loved the film, but it's Ken Russell's view of Tommy. The stage play was what it was, and that was Pete (Townshend) and (theatrical director) Des McAnuff's view of it. But to me it's always been the music that's important, and I can never get bored with that because it's brilliant," he said.

"It's a classically written piece of music and I've never seen Tommy as one person, I've always seen Tommy as all of us," he continued. "We're all screaming see me, feel me, touch me, heal me."

Daltrey says his voice has bounced back since he had a precancerous growth removed from his vocal cord just before The Who performed during the 2010 Super Bowl halftime show. "It's sounding better than it's ever sounded, and this is an extremely long show," he said.

Daltrey's tour wraps up in the United States on Oct. 25 in Seattle, Wash. He'll visit Canada for five dates after.

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Making a glory anthem

Producer Mark Ronson gives hints at some of the sounds that will feature on the London 2012 Games theme track

Music producer Mark Ronson has been working with Olympic hopefuls from five countries to create an anthem that fuses sounds from training with the beat of music.

The three-time Grammy winner described the project Thursday as Coca-Cola unveiled its global Move to the Beat campaign for the London 2012 Games. The song will provide the soundtrack for commercials, digital platforms and events during the games.

Ronson, who worked with the late singer Amy Winehouse, recorded athletes as they went about their training, sometimes attaching microphones on their legs, chests and arms. He placed mikes on running tracks, on archery targets and on people — often getting sound not possible during the games because they would interfere with competition.

He recorded the bounce of a table tennis ball and the thwack of an arrow being released from an archers bow.

There are grunts and heartbeats, screeches and thumps.

Britain's Darius Knight, a 21-year-old table tennis player, hid his face behind his hands as Ronson told reporters during the launch that the athlete's "very unusual grunt" will be immortalized.

"Darius has this very unusual sound. It is great," Ronson said. "Sometimes he uses it to put off his opponents and sometimes it is a sound of victory — to me it sounded like James Brown so I knew I would use that."

Ronson attached a microphone to the chest of 24-year-old Kseniya Vdovina, a 400-metre runner from Russia, catching her heartbeat. He also wanted to record her panting as she doubled over, having given it her all.

"I knew the breath was going to be an important sound," he said. "The emotion I felt after hearing like that — I wanted to put that in a track."

He loved the "eyyyaaahhh" screech of 23-year-old Mexican taekwondo star Maria Espinoza. He said he was enamoured with "the screams and the grunts that she made when she was kicking the crap out of somebody."

Ronson said working closely with the athletes in their home countries gave him a sense of a deep responsibility to them.

"It makes you want to make it better," he said.

THE ASSOCIATED PRESS

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

▶ Music producer Mark Ronson is using sounds from different athletes in training to put together the London 2012 Games them song.

Kutcher and Moore seeking marital help

Rumours continue to swirl about impending split and Ashton's infidelity

ALL PHOTOS GETTY IMAGES

▶ Ashton Kutcher and Demi Moore

Ashton Kutcher and Demi Moore have reportedly been working all summer to save their relationship, though it appears the efforts were in vain.

"(Demi) and Ashton had been receiving counseling from Kabbalah over the summer to try to fix their marriage," a source tells Entertainment Tonight, adding that the couple have been living apart for some time. Moore is said to be "sad, hurt and embarrassed" by Kutcher's latest cheating scandals and rumors about an impending split. She's likely also troubled by the fact that Kutcher is no longer following her on Twitter. METRO

Talking points

Cowell admits show biz gets in way of his relationships

NOT ON THE OUTS Simon Cowell admits that with the X-Factor taking up so much of his time, his love life — and impending nuptials — have to take a back seat.

"It has probably been the busiest year I've ever had. Making the choice to get married is something you just have to decide when the time is right," Cowell says. And his rep is quick to dash rumors that Cowell and his fiancée are on the outs.

"You might have to wait 20 years for Simon to plan a wedding, but they are as close as they have ever been," the rep insists. METRO

Celebrity tweets

@aplusk

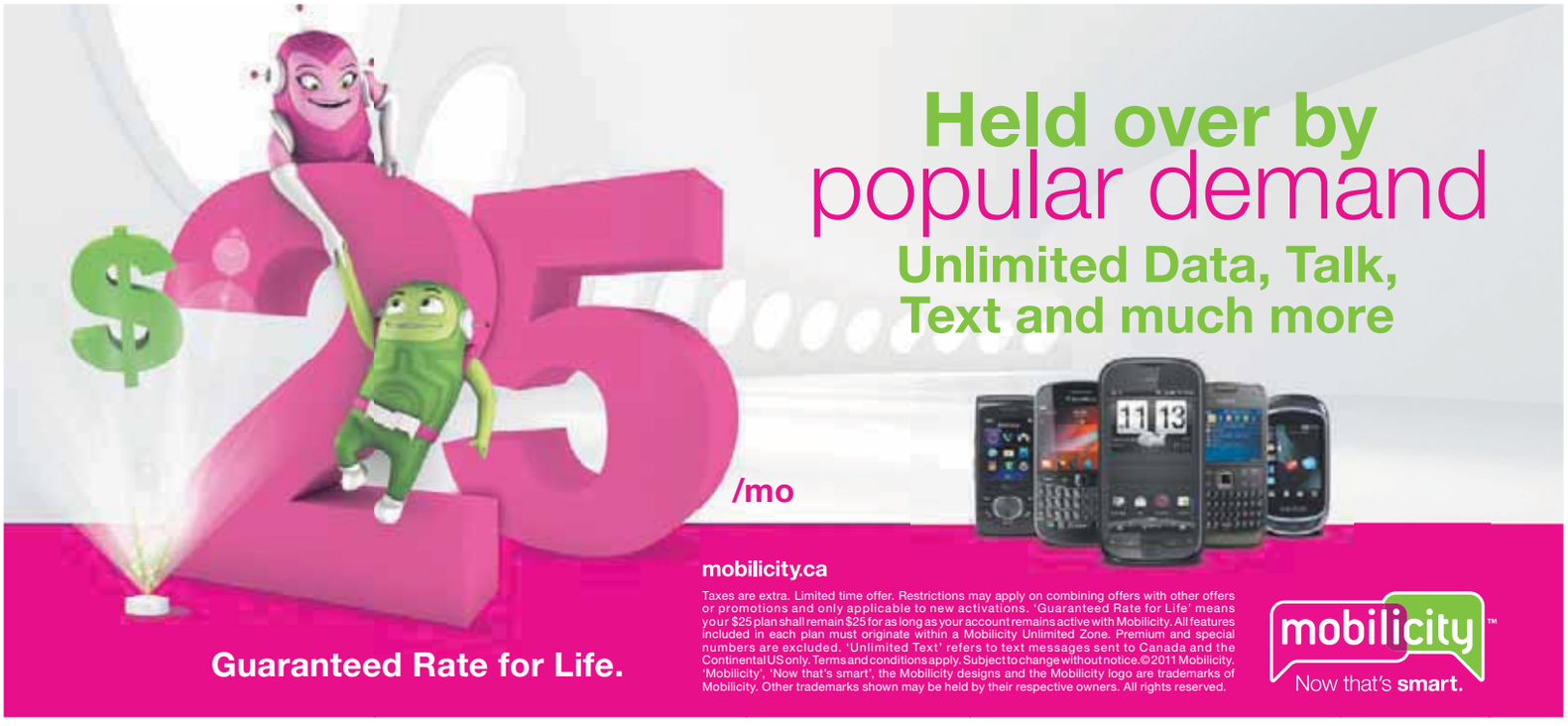
"When you ASSUME to know that which you know nothing of you make an ASS out of U and ME"

@joelmchale

"Come on guys, give it a break. Nancy Grace's nipple did not "slip out". It was trying to escape."

@JonahHill

"Saw a guy texting on a Segway. If he was texting anything but "Everyone's laughing at me" then he was wrong."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Payal Business Centre
Vancouver
1641 Commercial Dr,
Unit 105
568 Dunsmuir St
2390 East Hastings St
6338 Fraser St
1463 Kingsway Ave
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3 life

Recipes for happy guests

You cooked a roast and cheesy bread then it hits you — one guest is a vegetarian and another is gluten intolerant Food blogger Beatice Peltre shares ideas for all dinner guests

Vegetarian. Pea risotto with basil and lemon

Ingredients:

- 5 cups vegetable stock
- 1.5 tbsp unsalted butter
- 2 tbsp olive oil (more to serve)
- 1 twig lemon thyme
- 1 leek, white part only, finely chopped
- 1 shallot, finely chopped
- 1 garlic clove, peeled and finely diced
- Zest of 1 lemon
- 1.5 cup Carnaroli rice
- 1/4 cup Vermouth or dry white wine
- 5 1/2 cups vegetable broth
- 2 cups shelled green peas fresh or frozen
- 1/2 cup Parmesan
- 2 tbsp crème fraiche
- 10 basil leaves, chopped
- 1 tbsp parsley, chopped
- To serve, squeeze of lemon juice

Preparation:

1. Heat the stock and set aside. Melt the butter in a large casserole. Add the olive oil and when warm, add the thyme, leek and shallot. Soften on low heat for a few minutes, stirring occasionally.
2. Add the garlic and lemon zest and cook for one minute. Increase the heat and add the rice. Coat well for 1 minute before adding the Vermouth. Cook until absorbed, while stirring. Add 1 cup of broth at a time, and wait until it is absorbed before adding more. When you have only 1/2 cup of stock left, add the peas and stock and continue to cook until the rice is al dente.
3. Stir in the cheese, cream and herbs and stir. Stop the heat, cover and leave to rest for 2 minutes. Squeeze lemon juice on top and stir again. Serve drizzled with olive oil.

Gluten intolerant. Root vegetable soup

Ingredients:

- Olive oil
- ¼ chopped red onion
- 1 leek (white part only) chopped
- 2 twigs of thyme
- 1 tsp ground coriander
- 2 garlic cloves, minced
- 1 tsp sun dried tomato paste
- 1 tomato, peeled, cored, seeded and diced
- 1 large sweet potato and parsnip, peeled and diced
- 2 small turnips and carrots, peeled and diced
- 14 oz (400 g) peeled and diced red kuri squash
- 1 bay leaf
- 1 tbsp sugar
- 5 cups cold water

Garnish:

- crème fraiche
- ½ cup finely diced red kuri squash
- crumbled soft goat cheese
- fresh parsley
- white truffle oil

Preparation:

1. In a large pot, heat two tablespoons of olive oil over medium heat. When warm, add the onion, leek, thyme and coriander. Cook for 3 minutes until the onion and leek are soft.
2. Add the garlic and cook 1 more minute. Add the sun dried tomato paste and tomato and cook for 2 minutes. Add the rest of the vegetables, bay leaf, sugar and water. Season with salt and pepper, bring to a simmer and cover. Cook for 20 minutes. Discard the bay leaf and thyme. Transfer the soup to the bowl of a food processor and purée until smooth.
3. For the garnish, in a frying pan heat 1 tablespoon of olive oil over medium heat. When warm add the squash and season with salt and pepper. Cook 5-6 minutes until tender. Serve the soup in large bowls and top with the crème fraiche, squash, cheese, parsley and truffle oil.

Father death rates

Fatherhood may help keep a man alive. A study suggests dads are less likely to die of heart-related problems than childless men.

The study — by the AARP, the U.S. government and several universities — is the largest ever on male fertility and mortality, involving 138,000 men.

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Parenting advice book from teen perspective emphasizes open dialogue with kids.

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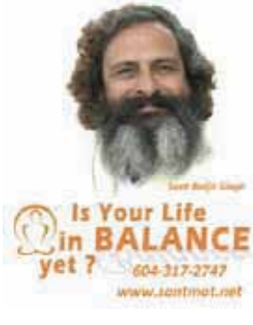

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Think Pink

October marks Breast Cancer Awareness Month

Breast cancer doesn't just touch women diagnosed with this illness; it also impacts their partners, children, other family members, close friends and wider communities. The good news is that the breast cancer death rate has fallen by more than 30 per cent since 1986 and is currently the lowest it has been since 1950. And Canadian scientists continue to make headway in areas of prevention, diagnosis, treatment and management of this disease. Pauline Anderson looks at what's here and what's coming.

Bare breast stats

Get the stats on breast cancer:

- **An estimated** 23,200 women in Canada were diagnosed with breast cancer in 2010 (an increase of 500 from 2009) and 5,300 died from the disease.
- **On average,** 445 Canadian women are diagnosed with breast cancer every week.
- **One in nine** (or 11 per cent) Canadian women are expected to develop breast cancer during their lifetime (by age 90).
- **Breast cancer** also affects men; in 2010, an estimated 180 Canadian men were diagnosed with breast cancer and 50 died from the disease.
- **At present,** the five-year survival rate for female breast cancer in Canada is 87 per cent (84 per cent for men), which means that women diagnosed with breast cancer have an 87 per cent likelihood of living for five years after their diagnosis.
- **Breast cancer** death rates have declined in every age group since the mid-1990s.
- **Of the women** who undergo mammography screening, about five per cent are invited for a return visit; of these, 90 per cent are given a clean bill of health and 10 per cent undergo further investigations.

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Eating to beat breast cancer

Experts agree that you can make lifestyle choices to reduce your risks of breast cancer

When it comes to beating breast cancer through diet, there's emerging research showing the possible cancer-fighting abilities of foods that contain plant compounds.

It appears that these chemical substances, such as polyphenols, might inhibit cell cycles, reduce cell proliferation or induce apoptosis (cell death). Foods rich in polyphenols include unrefined fruits and vegetables (anything brightly coloured) as well as whole grains and legumes.

Experts are concerned, though, that foods such as flaxseed, soy and soy byproducts like tofu that contain phytoestrogens may cause estrogenic stimulation, which is linked to breast cancer.

However, women at average risk of breast cancer shouldn't worry if they eat moderate amounts of these foods.

After all, Asian women, whose diet is relatively rich in soy, have a lower breast cancer risk.

A high-fat diet may also be linked to breast cancer. In a five-year study of women recovering from breast cancer, of those following a low-fat diet, 9.8 per cent saw a recurrence of breast cancer. Of those who didn't change their diet, 12.4 per cent saw a recurrence.

Vitamin D is being studied as a possible dietary tool to prevent breast cancer. A recent meta analysis suggested that by increasing your daily dose of vitamin D, you could cut your breast cancer risk by half. Other research implicates lack of sunlight in breast cancers.

ISTOCK

▶ Brightly coloured fruits and vegetables indicate the presence of lots of polyphenols.

A few thoughts

About a year ago, Metro's Jodi Brown was diagnosed with breast cancer.

Visit metronews.ca/jodis-story to read about her experience from diagnosis to post-treatment.

"I'm eight weeks after treatment and odds are very, very good that I'm forever breast cancer free. But, if you are just starting this journey, here are five random insights," says Brown.

- **Hot girls get breast cancer.** You're in good company. Think Christina Appelgate, Sheryl Crow, Kylie Minogue...
- **Real hair wigs are worth every penny.** Don't let anyone convince you that the synthetic hair wig at half the price will do. It won't. It gets fuzzy and awful and looks bad.
- **Eyelashes have a purpose other than batting at boys.** Who knew? Wear sunglasses when riding a bike during chemo or bugs and dust will make your eyes tear up.
- **During chemo,** when your brain is fuzzy, like really, really fuzzy, remember some people feel like that ALL the time.
- **Don't take your horoscope literally.** But keep climbing.

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Looking good!

Look Good Feel Better is a program dedicated to improving the self-esteem and quality of life of women undergoing treatment for cancer.

At the heart of Look Good Feel Better is a free, two-hour hands-on workshop in which women whose appearance has been affected by cancer can feel more like themselves again.

Guided by experts through the program's Signature Steps, women master simple cosmetic techniques, explore hair alternatives and learn about cosmetic hygiene, nail and skin care. For information or to find a workshop near you visit lgfb.ca.

Weight control

Another dietary approach to preventing breast cancer is controlling your weight as you get older.

- **After menopause,** obese women have 1.5 times the risk of breast cancer.
- **If you're overweight,** lose weight through a low-calorie diet and exercise. Even a weight loss of five to 10 per cent of total weight can provide benefits.
- **Even a weight loss** five to 10 per cent of total weight can provide benefits.

Fight the odds with an active lifestyle

One of your best bets to beat the odds of developing breast cancer is to be physically active.

A 2006 study found that exercise lowered breast cancer risk by 12 per cent, even taking into account other breast cancer risk factors such as age and family history.

Experts suggest aiming for 30 minutes of moderate physical activity five times a week.

"Dose" of physical activity could play an important role, too. Researchers in Alberta are looking at whether a high volume (300 minutes per week) of aerobic exercise has any benefit over a moderate volume (150 minutes per week) over the course of one year.

And women who have already been diagnosed with breast cancer can reap the benefits of being physically active. Regularly walking or lifting weights reduces nausea during treatments, keeps muscles from wasting, helps control weight, and boosts energy levels and self-esteem.

Managing stress is good for health

Too much stress may help trigger events that lead to cancer

While some stress may actually prevent cancer, too much may overtax the immune system and other defense mechanisms and may help trigger the cascade of cellular events that leads to cancer.

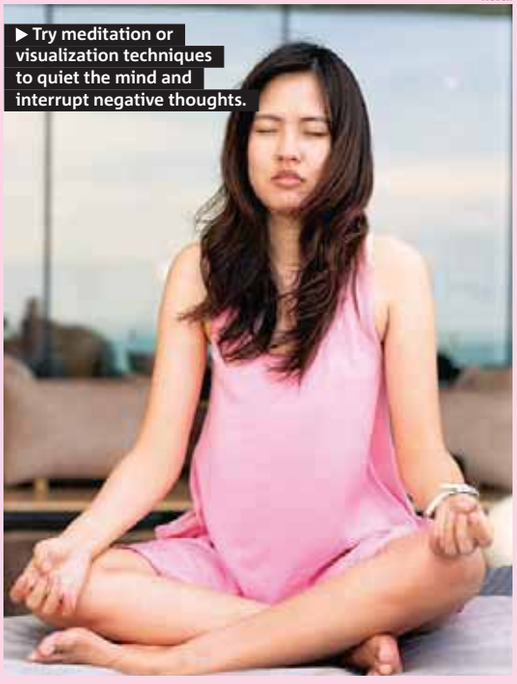
One theory is that when the body tries to cope with stress, signaling pathways are turned on, some of which may be linked with cancer. Another type of stress — oxidative stress or the body's inability to metabolize oxygen for generating energy — may also contribute to cancer risks.

Developing ways to prevent this stress is a hot topic among cancer researchers. What we know so far is that several factors contribute to oxidative stress and cell damage, including environmental pollutants, hydrogenated fats and cigarette smoke.

Try to avoid these and stick to antioxidant-rich foods (think berries, broccoli, tomatoes, garlic and green tea).

To help deal with emotional stress, women coping with breast cancer can take advantage of the free Healing Journey program, developed by Dr. Allistair Cunningham, a clinical psychologist, and offered at various Wellspring cancer support sites.

ITSOCK



▶ Try meditation or visualization techniques to quiet the mind and interrupt negative thoughts.

Tips for stress

Dr. Cunningham offers up some general stress management techniques.

- **Be physically active.** This not only relieves stress, but also can help prevent breast cancer recurrence.
- **Learn relaxation techniques.** Relaxing your body, one muscle group at a time, calms the mind. Do exercises like yoga and Tai Chi to relax yourself.

- Every one of us can identify with experiences of hardship; whether a job loss, an illness, or helping friends and family going through difficult times.
- These experiences bring up painful emotions that affect our daily lives and those around us. We lose confidence in ourselves and this affects our enjoyment of life.
- It can take months or years to get back to 'ourselves'! How do we improve if we don't have the confidence to do so?

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I like to eat tuna but I know it contains mercury. Is there tuna with low levels of mercury?
Christine of Edmonton

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HANDOUT

▶ Bluefin tuna is among the most overfished stock.

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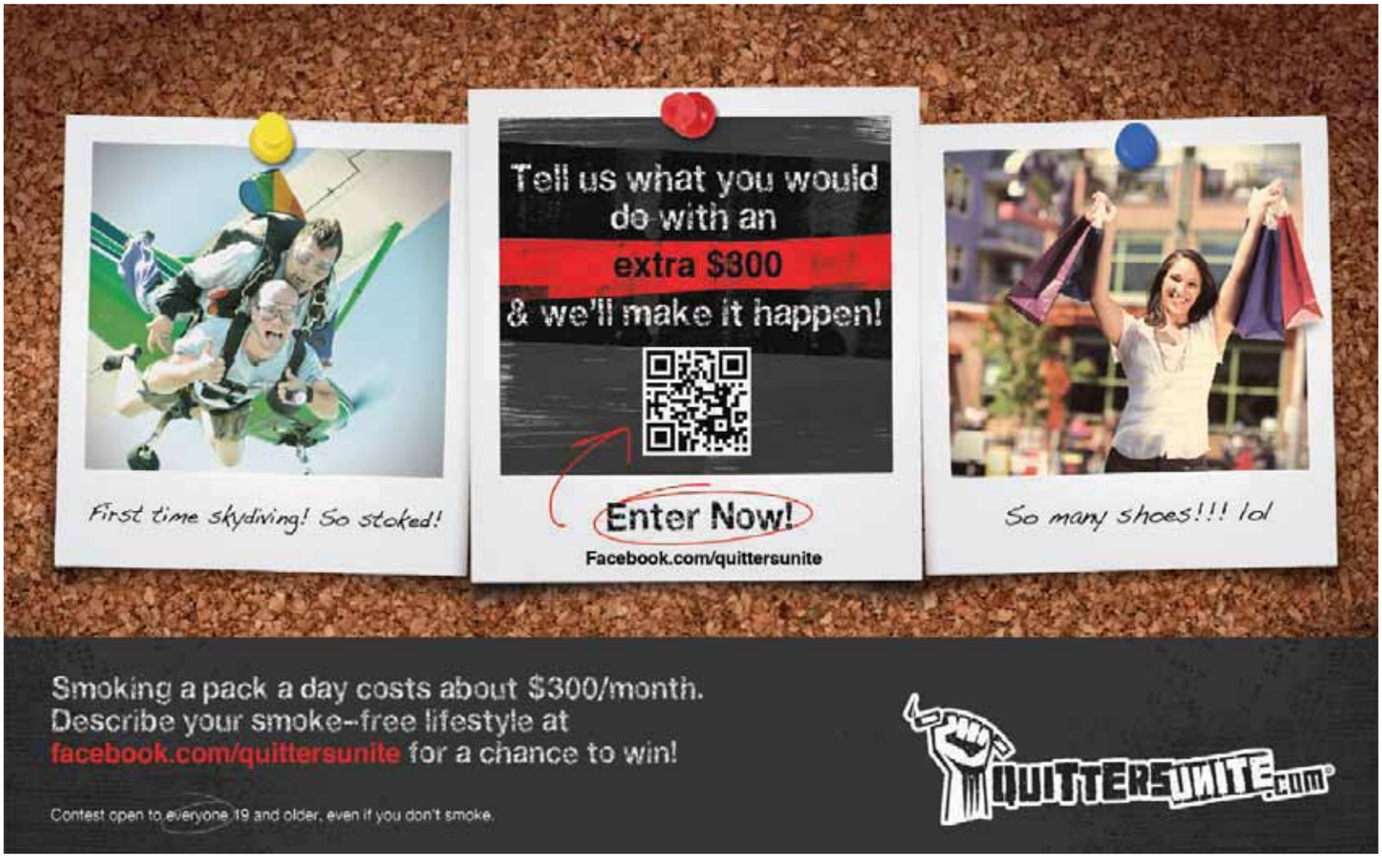
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The equation for solving your child's math struggle

Homework is getting done but your child is still having trouble in math class According to Brent Davis, a University of Calgary professor, it may be a lack of deep conceptual understanding Experts share success tips

Now that children have settled in to their school year, teachers and parents might be noticing that time spent on math homework doesn't necessarily add up to success.

A Calgary educator suggests that some kids may not be getting the deep conceptual understanding they need.

"One of the things we're finding is teachers tend to have kind of a rich range of interpretations for concepts, but they're not always aware of the range of interpretations they have or that they're using," said Brent Davis, a professor and chair of mathematics education at the University of Calgary.

For example, he said there are at least 12 distinct interpretations of multiplication offered between Grades 1 and 7, "but only one is made explicit: repeated addition, repeated addition, repeated addition."

"So kids also need to be made explicitly aware that it could be understood in terms of area making, in terms of hopping along a number line, in terms of stretching a number line, in terms of scaling, and the list goes on," he explained.

"Teachers are aware of these and use all of them. They just have forgotten that they know them."

At cocktail parties, parents will tell him they liked math or were good at math until about Grade 6.

That jibes with the fact that the big explosion of interpretations around basic operations happens about Grade 5 or 6, he said.

Ron Lancaster, a professor at the Ontario Institute for Studies in Education in Toronto, said he feels strongly that educators need to present math in a different way to kids who don't get it.

He suggested an approach that involves art — for instance studying the work of the late American artist Sol LeWitt.

"Much of his work is very mathematical. That's something that kids could study and learn about, and then end up learning the mathematics through the back door."

In the area of literature, he recommended The Housekeeper and the Professor by Yoko Ogawa.

"It's a great novel that incorporates a lot of mathematics into the story," he said.

Tracy Solomon, a developmental psychologist at the Hospital for Sick Children in Toronto, said she can't emphasize enough that the comfort level of parents when it comes to math will have an impact on their children.

It is "such a shame" when adults transmit to kids a fear or loathing of math, she indicated.

"Math is part of your everyday life," she said, noting that kids can count cupcakes at the bakery and help to figure out costs at the supermarket checkout.

"We all use it and we all have to use it."

Society in general — and a lot of teachers — have a tendency to label kids as being good at math or not, and there has to be a willingness to reach all children, at all times, she said.

Practise is key, and a lot can be done to close the gap between those who enter kindergarten with a familiarity of number, measurement and geometry terms, and those who don't. THE CANADIAN PRESS

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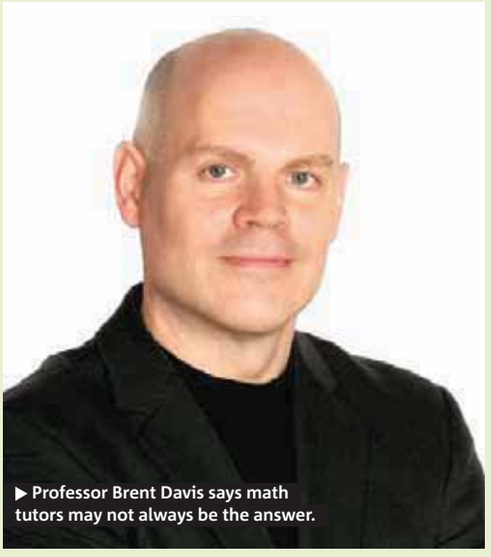

▶ Professor Brent Davis says math tutors may not always be the answer.

Math tips from the experts

Ron Lancaster, professor at the Ontario Institute for Studies in Education
"There's a field called recreational mathematics that involves some beautiful engaging mathematics, you know, that's really neat and intellectually very strong."

Tracy Solomon, developmental psychologist at the Hospital for Sick Children in Toronto
"[Start at an early age]. For example, you can practise counting tasks with small sets of objects."

Brent Davis, a professor and chair of mathematics at the University of Calgary
"We don't need people who are good human calculators any more, and frankly, as someone who has instructed mathematics at the post-secondary level, people who come from heavily rote-based tutoring are lost in first-year university. They simply are not prepared to grapple with the conceptual complexity of the concepts that arise."

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Presenting a different kind of rhyme

Some are poking fun at conventional poetry events

When Sara Bynoe's heart was tossed in a blender and pulverized at age 14, she vented her roiling anguish by writing 16 lines of poetry.

All but one started with the f-word. (And in that line, the expletive came second.)

Five years later, Bynoe stumbled across a binder of an ex-boyfriend's old poetry. She just had to phone a friend.

"We laughed," she recalled of the recitation. "And I went, wait, wait, wait — I have some really terrible stuff I wrote when I was a teenager, it's only fair."

What started as a deliciously devious romp through nostalgia spawned a popular website compiling "the world's worst poetry." Next came a spin-off live event inviting audience members to share their own.

From obvious rhyming to appallingly atrocious alliteration, Bynoe was among the first on the scene to showcase bad writing for its own sake.

Her quarterly Teen Angst poetry night has garnered an intense following in Vancouver, a city otherwise known for its illustrious authors and as the birthplace for poetry slams in Canada.

Counterpart events have since popped up in various iterations, from Grownups Read Things They Wrote as Kids in Toronto to events like Cringe in Brooklyn, N.Y.

Bynoe also hosts Say Wha?! where performers read others' embarrassing and painfully earnest writing.

The gatherings end up feeling like a slumber party, where deep secrets are laid bare, she said.

"What they get out of it is a group hug, and being able to laugh at yourself," said Bynoe, now a 31-year-old actor, writer and comedic performer. "That's my motivation for doing it, to stop taking yourself so seriously.

"You can learn from your teen angst."

Reese McBeth read an 18-year-old journal entry at the show last week, sending the room into titters.

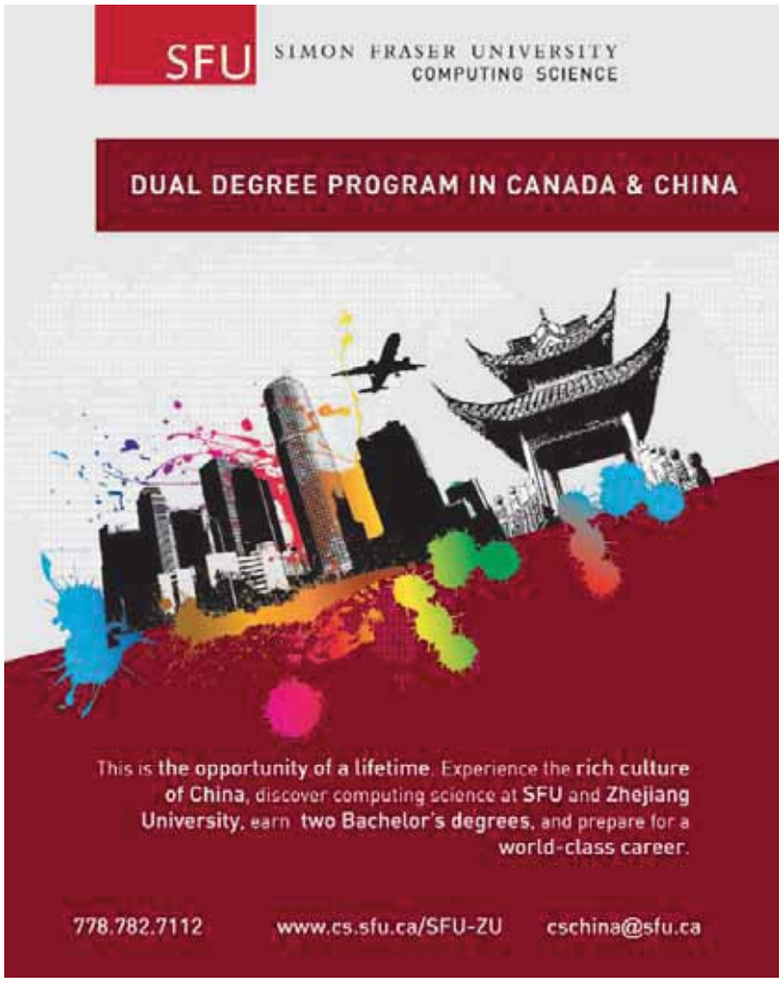
"It's cathartic," said the 32-year-old, after describing how at age 14 puberty felt like dying.

"Revisiting this stuff just reminded me that I was a lot more normal than I thought I was as a child."

THE CANADIAN PRESS

DARRYL DYCK/THE CANADIAN PRESS

▶ Jodie Nichols takes part in the World's Worst Poetry slam in Vancouver last month.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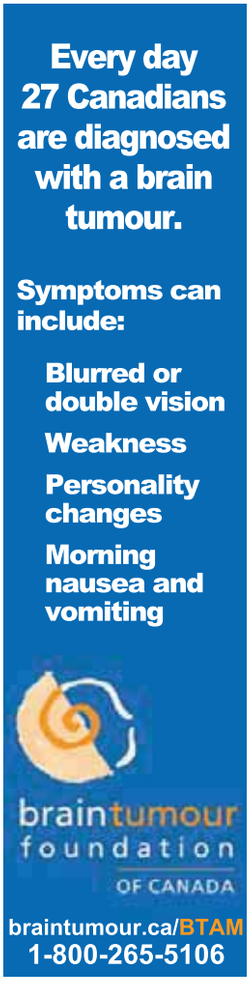

‘The best way to heal is to reach out’

Ellen Campbell doing her best to help abuse victims

SUBMITTED

▶ Ellen Campbell is the founder of the Canadian Centre for Abuse Awareness.

When Ellen Campbell is happy, her smile can light up an entire room. Not many know about the dark days she has gone through because of the sexual abuse she suffered as a child.

As she careened through adulthood she was always chased by depression. She became suicidal and ended up in a hospital psychiatric ward.

“I wanted to kill myself and I didn’t know why. As I was lining up for my pills I knew that if I didn’t fight back it would end badly. It was a turning point in my life and I realized I needed help.”

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

She founded the Canadian Centre for Abuse Awareness in 1993 and today with the help of supporters like John Derringer and Q107 radio, they help over 200,000 women, men and children a year.

“Society is finally recognizing the damage that abuse causes. The best way to heal is to reach out for help.”

October is Child Abuse Awareness month.

We salute you Ellen Campbell, and all the amazing people that work to protect men, women and children and bring awareness to this issue.

Who says science can’t be fun?

HANDOUT/THE CANADIAN PRESS

▶ An Australian jewel beetle is seen on a beer bottle.

A paper on beer bottle-mating beetles was the toast of the Ig Nobel Prizes, which honour research tickling both the brain and the funny bone.

Research co-authored by University of Toronto professor Darryl Gwynne and his Australian colleague David Rentz was the winner in the biology category. The awards ceremony was held at Harvard University on Thursday.

A parody of the Nobel Prizes, the Ig Nobel Prizes are handed out annually by the scientific humour magazine Annals of Improbable Research. The awards are “intended to celebrate the unusual, (and) honour the imaginative” while generating public interest in science, medicine and technology.

Gwynne and Rentz were honoured for their 1983 paper Beetles on the Bottle: Male Buprestids Mistake Stubbies for Females. Gwynne joined U of T’s Mississauga campus in 1987 and conducted his research as a post-doctoral fellow at the University of Western Australia in Nedlands.

While carrying out field work and walking along a dirt road in Western Australia, Gwynne and Rentz observed male Australian jewel beetles trying to crawl atop or along the side of scattered brown beer bottles, or “stubbies.”

Gwynne said the stubbies resemble a “super female” jewel beetle in shape and hue, big and orangey-brown in colour. The bottles also feature a slightly dimpled surface near the bottom — aimed at preventing the bottle from slipping out of one’s grasp — that reflects light in much the same way as female wing covers.

The beetles’ longing for loving was so strong that they fried to death under the hot sun trying to mate with the bottles and ignored the females. They were eaten by hungry ants or had to be removed by the researchers.

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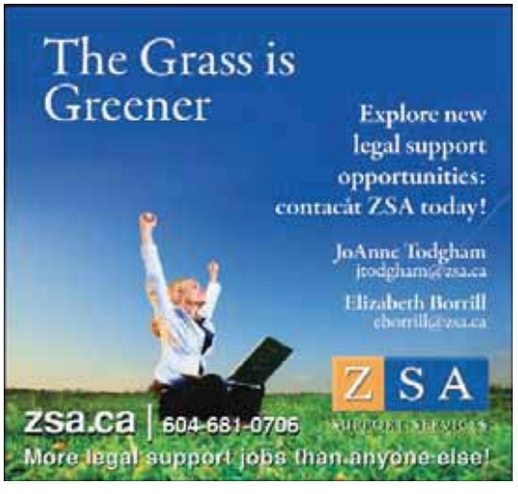

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4 sports

Keeper questions team's 'heart' after loss

- Sold-out crowd of 21,000 witness to team's return to B.C. Place
- Excitement soon falls flat as Whitecaps suffer another loss

JEFF VINNICK/GETTY IMAGES

▶ The ball sails past Joe Cannon of the Vancouver Whitecaps FC for the Portland Timbers' winning goal yesterday at Empire Field in Vancouver.

The Vancouver Whitecaps have four games left on their Major League Soccer schedule.

Goalkeeper Joe Cannon is worried some players might have already quit for the season.

A frustrated Cannon questioned the commitment of some of his teammates yesterday after Vancouver lost 1-0 to the Portland Timbers to spoil the Whitecaps' first game at the newly refurbished B.C. Place Stadium.

"I think in the future we've got to find out who has that heart," Cannon said. "I'm not going to point any fingers. I'm not different than any guy on this team.

"We just need more heart. That's the bottom line."

1	0
TIMBERS	WHITECAPS

Kenny Cooper scored in the 25th minute as Portland took advantage of Whitecaps defender Alain Rochat's mistake at midfield for the game's only goal.

Portland midfielder Diego Chara fed Cooper a perfect ball and the forward hammered a shot from the top of the box over Cannon's outstretched fingers.

"It was a huge win," said Cooper. "It feels good to get three points against them."

It wasn't the way the Whitecaps wanted to christen their new home. The enthusiasm that bubbled before the match turned as flat as yesterday's champagne.

"You went away frustrated and disappointed," Vancouver interim coach Tom Soehn said. "I didn't think we had the best energy in the first half.

"That's hard to explain when you look at this venue and the excitement. We gave away a bad goal. There is no looking back. Teams punish you for mistakes."

THE CANADIAN PRESS

Quoted

"It's fun. I can just worry about playing hockey and not all the other stuff."

VANCOUVER CENTRE CODY HODGSON, WHO SCORED TWO GOALS SATURDAY AS THE CANUCKS BEAT THE EDMONTON OILERS 4-1. HODGSON FINISHED THE PRE-SEASON WITH THREE GOALS IN SEVEN GAMES. LAST FALL, HE WAS LIMITED BY A BACK INJURY AND HIS FUTURE WITH THE ORGANIZATION WAS IN DOUBT.

MATT SLOCUM/THE ASSOCIATED PRESS

▶ Phillies catcher Carlos Ruiz tags out St. Louis Cardinal Jon Jay last night.

Cards hit back at Phillies to even series

John Jay knocked Carlos Ruiz backward with a hard forearm shiver, then the St. Louis Cardinals flipped this series around.

Albert Pujols hit a go-ahead single in the seventh inning after Cliff Lee blew a four-run lead, and the Cardinals rallied past the Philadelphia Phillies 5-4 last night to even their NL series at one game each.

Down early, Jay jolted Philadelphia's catcher on a bruising play at the plate. Jay was out, ending the fourth inning. The Phillies, however, couldn't block the Cardinals' path to victory.

The NLDS shifts to St. Louis for Game 3 tomorrow. Cole Hamels will be the third straight all-star pitcher to face the Cardinals, who'll send Jaime Garcia to the mound.

The wild-card Cardinals, who got into the post-season after the Phillies beat Atlanta in Game 162, got the split they wanted on the road against the team that had the best record in the majors.

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Lions kings of late comebacks

TONY GUTIERREZ/THE ASSOCIATED PRESS

▶ Detroit receiver Calvin Johnson makes a two-yard touchdown reception yesterday.

Matthew Stafford saw his defence start wiping out a 24-point deficit with interceptions returned for touchdowns midway through the third quarter, then he and Calvin Johnson took over from there, leading the Detroit Lions to a stunning 34-30 victory over the Dallas Cowboys yesterday in Arlington, Texas.

A week after turning a 20-point halftime deficit into an overtime win, the Lions provided further proof they're a legitimate contender this season.

Detroit is 4-0 and has won an NFL-best eight-straight games. This also was its team-record fifth-straight road win, avenging a loss here last November that was its NFL-record 26th straight road loss.

Tony Romo and the Cowboys (2-2) continued to show no lead is safe for them. They also blew a 14-point fourth-quarter lead for the first time in franchise history in the opener.

THE ASSOCIATED PRESS

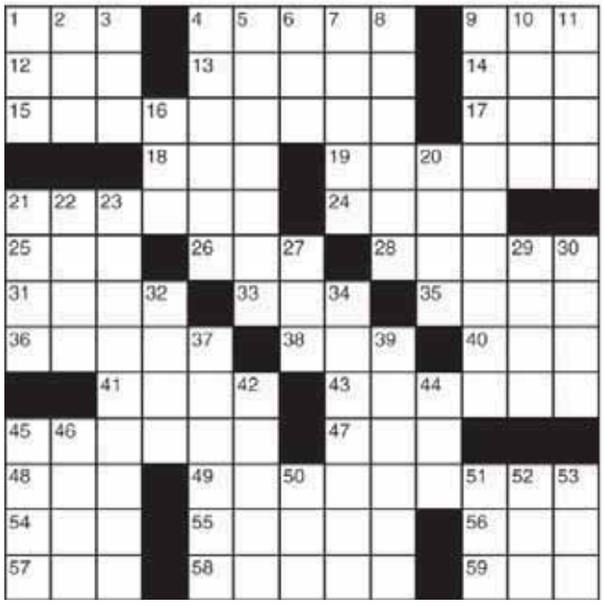
Around the NFL

In other action yesterday:

- **Bengals 23-Bills 20:** Cincinnati's rookie QB Andy Dalton, pictured, led the Bengals (2-2) back from a 17-3 halftime deficit, culminating in Mike Nugent's 43-yard field goal as time ran out against previously unbeaten Buffalo (3-1).
- **Texans 17-Steelers 10:** Arian Foster rushed for 155 yards and the go-ahead touchdown in the fourth quarter as Houston (3-1) overcame a hamstring injury to Andre Johnson for the win over injury-plagued Pittsburgh (2-2).
- **Titans 31-Browns 13:** Veteran QB Matt Hasselbeck threw three TD passes in the first half and safety Jordan Babineaux returned an interception 97 yards for a TD for Tennessee's third-straight win under first-year coach Mike Munchak.

THE ASSOCIATED PRESS

Crossword



Across

1 Actress Gardner
4 Vine-covered shelter
9 Owns
12 Perch
13 Wilkes-—, Pa.
14 Everything
15 Surgeons' devices
17 Reason to say "alas"
18 — constrictor
19 Addicted
21 Unisex garb
24 Spheres
25 — carte
26 "Humbug!"
28 Giggly sound
31 Columns' crossers
33 AAA job
35 Play area
36 Playful water critter
38 Dowel
40 Bankroll
41 Warmth
43 Chic
45 Burn somewhat
47 Joke
48 Goof up
49 "The Old Man and the Sea" author
54 Pistol
55 Implant
56 Literary collection
57 Praise in verse
58 Rental contract
59 Workout venue

Down

1 Fire residue
2 Compete
3 $ dispenser
4 Soak up
5 Knocking sound
6 Lingerie item
7 Lawn-care brand
8 Vacation mecca
9 Detectives
10 Lotion additive
11 Coaster
16 Kimono sash
20 Do what you're told
21 Poi root
22 Coin aperture
23 Author Nathaniel
27 Jump
29 Historic times
30 Whirlpool
32 Prognosticator
34 Women's shoes
37 Jennifer's "Friends" role
39 Rio —
42 Topic
44 Ovum
45 Lily variety
46 Gunky stuff
50 CEO's degree
51 Humorous sort
52 Whatever amount
53 Thanksgiving vegetable

▶ Friday's answer

Sudoku

3			4		1			9
		4			8			
				9			5	
8	7			2				5
		3	1		7	6		
2				6			4	8
	2			4				
			5			2		
9			2		6			7

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

5	9	4	8	2	7	1	6	3
1	3	7	6	4	5	2	9	8
6	8	2	9	1	3	7	4	5
7	4	1	2	6	8	5	3	9
2	6	9	5	3	1	4	8	7
3	5	8	7	9	4	6	1	2
8	1	3	4	5	2	9	7	6
4	2	6	3	7	9	8	5	1
9	7	5	1	8	6	3	2	4

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

SCOOBIE
*Hi mahal! I know this was your idea for me, but I thought I would try and do this for you too since you do read this more. I would only hope that this message gets published before or in time of your birthday (Oct. 31st). You've been a great partner to me, despite of our down times, we definitely have our great times. Thank you for being in my life... I love you SOOO much! *muah* ^_^*
FROM KAWAII-CHAN

Patrick
Patrick I love you! ! Im not sure if I've told you enough. I dont want to much time to pass again lifes to short my friend, Just want kisses + cuddles everything else will be ok! !!
FROM STUPID GIRL

Today
15°/11°
Showers
60%
Tuesday
14°/10°
Rain
70%
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Life will be easier to handle this week if you can just get over the idea that everyone thinks the same way as you and shares your convictions.

♉ Taurus April 21-May 21 Matters of a routine nature will take up most of your time today.

♊ Gemini May 22-June 21 This is going to be a productive week.

♋ Cancer June 22-July 22 Go out of your way to be nice to partners and colleagues today.

♌ Leo July 23-Aug.23 You will get the chance to move up in the world.

♍ Virgo Aug. 24- Sept. 22 You are about to be given the chance to make amends for something you said — or something you should have said but did not.

♎ Libra Sept. 23-Oct. 23 Decide what is the most important thing you should be doing right now and focus on it to the exclusion of everything else.

♏ Scorpio Oct. 24-Nov. 22 Something will happen today that convinces you that life is good and about to get even better. Believe it.

♐ Sagittarius Nov. 23-Dec. 21 Try not to get emotionally involved in other people's problems.

♑ Capricorn Dec. 22-Jan. 20 Something you have been working on for months, maybe years, will bear fruit this week.

♒ Aquarius Jan. 21-Feb. 18 You can do almost anything you want to do this coming week, but you don't have to do everything.

♓ Pisces Feb. 19-March 20. You will have to take on new responsibilities over the next seven days, and it's just what you need.

SALLY BROMPTON

Caption contest

CLIFF OWEN/THE ASSOCIATED PRESS

VADIM GHIRDA/THE ASSOCIATED PRESS

WIN!

You write it!

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Silver Bullion	$28.66/ounce

Silver

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American Silver Coins

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